the highland plateaus up to a height of approximately 3,500 meters.

Milk is supplied by the cows, the ordinary Indian cow, the yak cow, and the dsomo, a cross between the yak bull and the ordinary cow. The sheep and the goats supply meat for those whose Buddhistic conscience permits it. Wool for spinning and weaving is derived from the sheep, but in this case additional coarse wool must be bought from the merchant, since the yield from the shearing of their own herd is not sufficient. The goats and the yaks yield the coarse wool for the weaving of blankets, coarse carpets, sackcloth, and for the making of string

If the Tibetan farmer is thus to a great extent self-sufficient there nevertheless remains a large number of items that belong to the necessities of life with him and which he must buy. He cannot keep up with the consumption of butter because of the great amounts he uses in the preparation of the butter tea. He buys butter from traveling merchants; this butter is sewn into goat hides and often leaves a great deal to be desired so far as its cleanliness is concerned. Salt, which is in great demand with him, he obtains in exchange for grain or dried apricots, from the nomads of the upland plateaus of Rupchu or Jangtang. These nomads break the salt from the numerous /120/ dried-up salt lake beds of their homeland, and through a long, laborious journey they have their sheep and goats carry it on their backs in small sacks, in order to purchase with it in exchange trade the above-named goods and other merchandise in the neighboring provinces of Ladakh, Spiti, Lahul, and Sangskar. The highly coveted natron (used as addition to the butter tea) is likewise supplied by these upland plateaus where in many places it is found as a residue of dried-up salt water lakes. From the Indian merchant the Tibetan buys Indian tea, spices, dye stuffs to dye the cloth, cotton cloth from Indian and English cottonmills (Manchester), European blue, brown, or red cloth for festive clothes, sashes, as well as all kinds of tools, combs made of hardwood, mirrors, knives, sewing materials, cheap standard clocks, soap, candies, tobacco, and many other items.

In the house of the Dragshos order and industrious work were always held to be very important. From the early spring until well into the late autumn they arose together with the sun and went to work, which usually was not stopped till the sun went down, and frequently much later when darkness was setting in.

The plowing of the fields was done by the master of the house, as was the custom with all farmers; the watering and weeding was done

24:Peter E-5 (1938)1963 AJ4 West Tibetans AJ4
Ladak

The sexes divide agricultural work among themselves in such a way that the ploughing, transport and marketing of goods is done by the men, while the women milk the cows and *dzos*, feed them, sow and weed the fields. Trading further afield is the responsibility of the men, and, as everywhere in areas of Tibetan culture, they do not hesitate to undertake great journeys of many thousands of miles lasting months and in some cases years. Apricots are a great speciality of Ladak, exported in dry form far and wide, and enjoying a great reputation as being of the best variety.

Borax is produced in Rupchu, and salt comes from evaporation of the brackish waters of the lakes. There is a certain amount of gold, too, to be found in the rivers, and in some parts it is even mined, as it is further afield in the Ngari Korsum province of Tibet.

6. *Leh*

Leh (spelt *sLa* in Tibetan) is a large village situated at an altitude of 11,503 feet, in the Indus valley, some distance from the river, on the right bank, high up in a side valley, where the water from glacier formations above enters the ground to run subterraneously down to the main stream. Below it, close to the river bank, is Spituk (*sPitug*) with its ancient monastery on a stone hillock, dominating the plain.

The population of Leh is certainly much greater now than it was then. In 1938, it was only 2,377, and it was divided up into the same religious denominations as we have seen earlier for the whole of Ladak. There were 1,287 Buddhists (with the same reservations concerning low castes as before), 991 Mohammedans, 43 Sikhs Hindus and 56 Christians.

The Buddhists, it can be seen, constituted the vast majority. They were all those Ladakis of Tibetan affinity, whose mongoloid features made them immediately and easily recognizable. Among them, there were reported to be 650 men to 637 women.

The Moslems included Kashmiris from the valley, Turki, Uigur and Yarkandi traders from Sinkiang in Central Asia, Argons or those whose fathers had taken local Ladaki women as wives, and a few Baltis from the neighbouring sub-division. There were 447 men to 544 women in this religious community. Among the Hindus and Sikhs there were 30 men to 13 women. The community was only a temporary one made up of officials and employees of the Kashmir State. The Christians were all converts of the Moravian Mission, 31 men to 25 women. Leh is the principal station of this Mission in Western Tibet, with another station in Kalatse, lower down the Indus.